



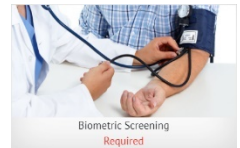
## 2021 City of Frisco – Onsite Biometric Screening Schedule

Employees may have **one onsite** biometric screening each Wellness year (11/1/2020 – 10/31/2021). Onsite appointments are on the City Hall 4th floor, McCallum Room and run about 15 minutes long. Cotinine (Tobacco) testing is included in the onsite screening. Results are sent to Asset Health within 7-10 business days and will be loaded on your Wellness portal. Reminders are sent prior to the event date to help you remember your upcoming event.



**Safety Precautions:** Events will be practicing Social Distancing. Arrive to your appointment promptly. Screeners will be wearing appropriate PPE and sanitizing their stations between appointments.

**Review table below: You are only able to book an appointment when the Online Scheduler opens 30 days prior to the event.** If the event is booked, you will need to wait until the scheduler opens for the next event. Event booking can be found on your Healthy Here Portal at [www.assethealth.com/Frisco](http://www.assethealth.com/Frisco). Click on the Biometric Screening link on your Home page of your portal to access the Onsite Biometric Scheduler.



Open Date of Online Scheduler:	Date of the Onsite Biometric Screening Event:
Sunday, February 21 <sup>st</sup> , 2021	<b>Tuesday, March 23<sup>rd</sup>, 2021</b> from 7:00am – 11:00am
Monday, March 22 <sup>nd</sup> , 2021	<b>Wednesday, April 21<sup>st</sup>, 2021</b> from 7:00am – 11:00am
Tuesday, April 20 <sup>th</sup> , 2021	<b>Thursday, May 20<sup>th</sup>, 2021</b> from 7:00am – 11:00am
Monday, May 17 <sup>th</sup> , 2021	<b>Wednesday, June 16<sup>th</sup>, 2021</b> from 7:00am – 11:00am – Additional Cotinine Clinic
Monday, June 21 <sup>st</sup> , 2021	<b>Wednesday, July 21<sup>st</sup>, 2021</b> from 7:00am – 11:00am
Monday, July 12 <sup>th</sup> , 2021	<b>Wednesday, August 11<sup>th</sup>, 2021</b> from 7:00am – 11:00am
Tuesday, August 10 <sup>th</sup> , 2021	<b>Thursday, September 9<sup>th</sup>, 2021</b> from 8:00am – 11:48am – <i>This event location has changed to City Hall in the Employee Basement Training Room</i>
Tuesday, August 17 <sup>th</sup> , 2021	<b>Thursday, September 16<sup>th</sup>, 2021</b> from 7:00am – 11:00am – Additional Cotinine Clinic
Monday, September 6 <sup>th</sup> , 2021	<b>Wednesday, October 6<sup>th</sup>, 2021</b> from 7:00am – 11:00am

### Preparing for your Biometric Screening - Test results are based on FASTING

#### **FASTING RECOMMENDATIONS**

Fasting is important because what you eat may change test results. There will be a change in your blood cholesterol and levels of triglycerides if you have the lab work done after eating something. Similarly, if you eat sugar before getting your blood sugar tested, you will get inaccurate reading. It is important that you do not eat or drink anything but water. You should not eat anything at least 8 hours prior to your test.

- It is important to fast for at least 12 hours. Water is allowed though.
- You should not chew gum, smoke, or exercise before your test because all these activities can stimulate your digestive system and affect test results.
- Avoid alcohol for at least 24 hours before your test.
- You can take prescription medications unless your doctor advises against it. Certain medications, especially birth control pills can change your cholesterol levels.

It is important to note that you should fast for at least 8-12 hours but avoid fasting beyond 14 hours because it will have a negative effect on the results. Drink plenty of water to stay hydrated.

**Find Wellness Program & Incentive Information at:** [www.friscotexas.gov/WellnessProgram](http://www.friscotexas.gov/WellnessProgram)

Your Healthy Here Asset Health portal tracks your progress in earning wellness incentives offered. Log into your Asset Health portal or reach out to [support@assethealth.com](mailto:support@assethealth.com) for questions or at 855-444-1255.